



ROWAN LODGE
FOREST CARE

Newsletter

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Resident Profile, New Staff & Celebrations

Learn a little more about our Residents & Staff

Welcome to Rowan Lodge

Summer brings an opportunity to spend time outdoors with family, enjoying nature, a chance to refresh and recharge.

We have plenty of therapeutic group, individual and one-to-one activities led by our NAPA qualified activity professional Terri Taphouse, plus a great summer menu to keep residents happy and healthy!

Our residents enjoy an array of daily activities from arts & crafts, live music, Zumba and Tai Chi, to afternoon teas, gardening, outdoor walks and simply relaxing on our sunny terrace. Our tailored activities reflect equality and diversity as we celebrate cultural and national event days throughout the year.

I hope you enjoy this fun filled newsletter showcasing the many activities our residents enjoy.

A warm welcome to all our new residents and staff. I hope you will enjoy your stay with us.

Dan Binney, Care Home Manager at Rowan Lodge





It has been great to see normal life returning over the past couple of months with the advent of the new normal of "living with Covid".

That has been reflected in our homes where the activities and events that used to be a routine part of daily life have made a long-overdue and very welcome return. It makes such a difference to everyone.

It has also been great to see relatives and friends being able to visit our homes freely again, not least to join in with the recent Platinum Jubilee celebrations. This was the first opportunity for over two years

to hold events in the homes that relatives and residents could attend together, and I think we had all forgotten how nice it is to do that!

The summer months will bring more events and more opportunities to come together, which I hope you will enjoy along with our latest newsletter which continues to highlight all the lovely things that have been happening in our homes over the past couple of months. Once again, thanks to everyone who make it all possible.

Words from Mark Vickery, Director at Forest Care

Activities at Rowan Lodge



Celebrating VE Day with a delicious Afternoon Tea and Tea Dance



Bringing the seaside to Rowan Lodge!

Dementia UK's 'Time for a Cuppa' event



Celebrating 'Cinco de Mayo' with everything Mexican-style!

Ascot Week!

Famileo Personalised Gazettes are a great success!

We've partnered with Famileo to create personalised newsletters for residents filled with updates from their families and friends. Anecdotes, photos, happy memories... Every family member can share messages and photos from their day-to-day life with just a few clicks on the Famileo app. Residents will then receive a printed copy to enjoy.



Zumba, intergenerational activities and making sloe gin!

Poetry, reading and reminiscence on the terrace



When the sun's out, we're out!



Ice cream anyone?



Celebrating World Music Day!



Target mat and Tai Chi!



Home-grown strawberries!



World Whisky Day!

Platinum Jubilee Celebrations



We celebrated in style with a F&M Afternoon Tea Experience! Delicious cakes, tea and bubbly!

A prop-filled photoshoot!



Jubilee Arts & Crafts



Platinum Jubilee Celebrations

Opera singer Joanna sang to us whilst we all enjoyed a delightful Afternoon Tea with Pimm's and a sing-along afterwards!



Thank you to Oaklea House Day Nursery for our colourful Jubilee decorations!



Resident Profile - Judith Elizabeth Anson



Judith was born and then lived in Blackley, Manchester for much of her younger years but spent a lot of time in the Swansea Valley, Wales, with her parents' families after the war. She was in Wales when Queen Elizabeth was crowned, although she missed it as she was having too much fun playing in the flour with her sister. Judith loves Wales and still has cousins living there now. Judith also likes Tom Jones and went to a concert with her daughter Ruth, which was very memorable! As you know Judith loves her music: Elvis, Neil Diamond and ABBA also being favourites. Judith is amazing at jiving and loved to dance with husband and her children!



Judith trained to be a nurse in Manchester, then at 18 married Gordon, who was an accountant at the time, in a double wedding with her sister at St Peter's Church in Blackley. This church was very important to Judith, her family, and friends. Judith still has a lot of friends who live in Manchester. Judith loves walking, Gordon fell in love with her walking up Kinder Scout in the Peak District. She also loves birds and nature; her children's fantastic bird knowledge is because of her! Judith went on to have four children, and now has seven wonderful grandchildren. Her daughter Jen will always remember walking up a mountain (Munro) in Scotland with Judith but having to come back down as the weather was terrifying, and then there was also jet skiing on Loch Tay!



Moving out of Manchester, Judith lived in Cheshire for a while, working as a nurse and looking after the elderly, before moving to Old Basing with Gordon who had changed career to become a Maths teacher. In Old Basing, Judith worked with the elderly, looking after them in their bungalows, and before and after her husband died, she worked for the Civil Service Commission for several years. Being in Hampshire meant Judith could visit the New Forest, Lymington, and the sea quite often. Judith loves the sea air, eating fish and chips on a sea front and will always paddle no matter how cold the day or water! Her daughter Susan will always remember Judith in her 80th year, leaping a fence, as there wasn't a stile and saying, "I still have it", it certainly surprised her! Judith enjoyed going to see shows: Woman in Black, Swan Lake, Madama Butterfly, and she loved seeing Mamma Mia with her daughters.

Judith loved to travel a lot: Paros, Jersey, Brittany, Germany, California, Portugal, Spain, Hong Kong, Bali, Seychelles, Jamaica to name a few, she was very lucky! Memorable moments with her son Paul are when she cycled on a pink bike in the Seychelles, loving the home of Bob Marley in Jamaica and watching England win the Ashes in Melbourne, Australia in 2011.

New Staff at Rowan Lodge!

A warm welcome to our two new Nurses – Stilji and Minimol, our three new Senior Carers – Sagar, Diana, and Gincy, and two Carers – Sruthy and Neena who have recently joined our amazing team at Rowan Lodge and have quickly become valued members!



More Celebrations!



Lots of fun, laughter, and happy tears as we celebrated our lovely Head of Activities Terri Taphouse's Hen Do!



Nurses Week! A Big Thank You to our Nurses for their hard work, dedication and continuous care



We enjoy a live streaming of Terri's wedding as she ties the knot in Vegas! Many Congratulations Terri!



Barbara Laws celebrates a very special 100th birthday with her loved ones!



Easy Summer Strawberry Trifle

Ingredients:

- 3 punnets of strawberries
- 2 ready-made jam-filled Swiss rolls
- 1/3 cup of sherry or fruit juice
- 400 gram can of summer fruits in syrup
- 500 ml of ready-made vanilla custard
- 300 ml of softly whipped cream

Method:

1. Wash and hull 3/4 of the strawberries (leave a few with the hull in place for decoration).
2. Halve the hulled strawberries and set aside. Slice the Swiss rolls in half longwise, then into 1cm slices.
3. Line the base of a trifle bowl with 1/3 of the Swiss roll slices, arranging the pieces around the side in a pattern. (How you do this will be determined by the shape of the trifle bowl. For one with straight sides, cutting the Swiss roll slices in half allows you to show off the layers. For a rounder dish, whole slices will display the pretty swirls to great effect).
4. Drizzle the Swiss roll with 1/3 of the sherry or juice and then spoon in 1/3 of the canned summer fruits in syrup. Add 1/3 of the chopped strawberries, 1/3 of the custard and 1/3 of the whipped cream.
5. Repeat with 2 more layers of Swiss roll, sherry/ juice, summer fruits in syrup, strawberries, custard and cream, finishing with cream.
6. Halve the reserved strawberries and use to decorate the top. Chill for 3-4 hours or overnight.

Rowan Lodge

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Review score on carehome.co.uk

Feedback Corner

"All we wanted from a care home for our mother can be summed up in the word 'care', and we have found this in ample quantities at Rowan Lodge."

"The team are fantastic, seeking to support my dad in every way possible and to make him as comfortable as possible. Their care is very genuine, and they treat my dad as a family member. As his condition has worsened, they have looked to best support his changing needs and the activities team are very creative and engaging...I could not recommend it more highly."

"Rowan Lodge is the perfect home for my wife and the care she has received since coming out of hospital has been exemplary. She has really benefited from the knowledgeable, kind, and attentive care she is receiving."

"Thanks to Rowan Lodge we have the peace of mind knowing that she is excellently cared for."

"The staff are fantastic, so accommodating and go the extra mile. The home is always clean, fresh, and well looked after."

Rowan Lodge Honey

Created in our very own gardens...and it tastes delicious! (Available from August 2022).



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